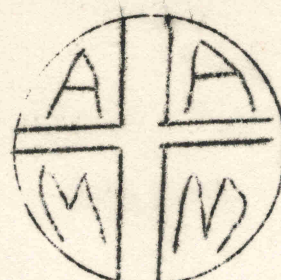


WASHINGTON MESSAGE NEWS



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WEDDING BELLS

The home of Ruth and Jess Williams at 26 East Third Avenue in Kennewick was the scene of a pretty home wedding on the afternoon of October 16, when their daughter, Patty, was united in marriage to Mr. Norbert Kruschke of Henderson, Minnesota.

We don't know the happy young couple but knowing the Williams as we do, we feel confident that they are starting life together sharing many of the fine qualities possessed by Patty's parents and we are sure that each of our readers will join the editorial staff in wishing the newlyweds the best of every thing always and HEARTY CONGRATULATIONS.

Correction

Last month we informed you that our friend Perkins of Port Angeles was preparing to open a salon in Yakima. A letter from Mr. Perkins informs us that he has no plans for moving so this information was entirely incorrect. Our apologies to you, Brother Perkins, may you continue to prosper right where you are.

OUR OPPORTUNITY AND THE LAYMAN'S OPPORTUNITY

We have recently received literature from A.A.M.M. members regarding the National Health Federation which looks mighty good to us. Its purpose and we quote from their folder, "The National Health Federation was founded for the purpose of providing for the American people an organization to serve as their voice to speak out in their defense for the protection and preservation of the health freedoms. Thus, the National Health Federation opposes attempts at medical monopoly on all fronts and proposes to work unceasingly on a constructive program to restore and maintain freedom from the dictates of special interests or the medical monopoly when their acts are not in the best interests of the people" (end quote)

We urge every reader to send for literature and membership blanks, writing to National Health Federation, 2452 Van Ness Ave.

Congratulations To Ohio

A recent letter from Dr. Wm. H. Kinsinger to Milton Niedfelt brings the information that Ohio has now organized. First meeting held July 29 and the second Oct 2. Best wishes from Washington are extended to every member of the Ohio group.

WILL YOUR NAME BE THERE ?

The January number of the Washington news will contain a complete list of the paid up members in Washington. This will serve as a handy reference when patients are going to visit in another part of the state and need to continue treatments while visiting.

In a Communist country they name a street after you one day and chase you down it the next— The Irish Digest .. THANK GOD FOR THE GOOD OLD U.S.A.

CHAIRMAN OF NATIONAL ORGANIZATIONAL COMMITTEE
WRITES TO WASHINGTON MEMBERS,

Oct. 7, 1955

Mr. F. E. Bloom, Sec-Treas
Washington State Chapter A A M H

Dear Mr. Bloom, and Members
of Washington State,

The National Convention is now a matter of history and I have again been made Chairman of the National Organizational Committee. While we gained 30% more new members and four new State Charters last year it is not time to lay on our oars and let this year go by without getting more organizational results.

It is the policy of allowing each state to be autonomous and each state governs itself under the National Constitution that determines my policy to some extent. It is my task to organize more un-organized states, not those already organized, yet I try to co-operate with the officers in every other state to aid them in getting more members and in other ways.

This year Washington was way below the National average. It is my desire that at this year they increase their membership along with the other states, more if possible. I believe the National Executive Board (I should say Board of Directors) will approve of this letter and the request that I now make. That you as state Sec-Treas take this matter up with the State Board of Directors with the intent of obtaining more members in the state of Washington. This should be done as soon as possible.

Thank you for your co-operation

Yours Fraternally

Hilton A Niedfelt, Chm.
Nat. Organizational Comm.

*
There is probably no one more zealous for the welfare of our organization than Mr. Niedfelt. Lets back him up by getting a new member--each one of us. (ed)

SPokane CHAPTER HOLD S MEETING

The Spokane Local of the A A M H met at the Coeur D'Alene Hotel for a dinner meeting on Sept. 30. Husbands or Wives of members were invited to join in the pleasant evening. A business meeting followed the dinner after which Mr. A. R. Reeck gave a talk Malpractice insurance as offered by Lloyds of London.

SEATTLE MEMBERS ATTENTION//

The next meeting of the Seattle Chapter A A M H will be held at the SEATTLE ELKS CLUB, 1017 4th, Sunday 2 pm NOVEMBER 13. This is your invitation. NO CARDS WILL BE SENT.

Thought for Today::: Blessed is the man that endureth temptation: for when he is tried, he shall receive the crown of life, which the Lord hath promised to them that love Him. Let no man say that he is tempted of God: for God cannot be tempted with evil, neither tempteth he any man: But every man is tempted, when he is drawn away of his own lusts, and enticed.

Then when lust hath conceived, it bringeth forth sin: and sin when it has finished, bringeth forth death. Do not err my brethren. Every good gift and every perfect gift is from above and cometh down from the Father of lights, with whom is no variableness, neither shadow of turning. James 1:13-17

Please accept your editors apology for the lateness of this issue.
The type writer was loaned out and just got back.

(Just south of the border)

Foreword by Washington editor; The following interesting news came too late for last issue and is published this month in lieu of up to the minute news

The last meeting of the Oregon Chapter was held Sept. 11 at Hubbard Miner al Springs, Hubbard, Ore with Marjorie Hudgins as hostess; a fine meeting, on a fine day and a fine attendance was had, to say nothing of FINE refreshments to tickle the palate.

Vice President Jay Crosby presided in the absence of Pres. Schied who was back in the Dakotas collecting bounties on coyotes. Next meeting will be held Nov. 6 at the Elizabeth Van der Veen place of business, 1532 Broadway, Portland, Ore. with Hattie Model as hostess. NUF SED.

All members should have their copy of the MASSEUR by now, and this writer for one was glad, very glad to learn of D. S. Carlson being elected as National President. There couldn't have been a better selection, judging from the correspondence this writer has had as Ore. Sec. Treas with Carlson while holding the national Sec. Treas. position.

All members, both Washington and Oregon, will be pleased to learn of former Ruth Olson's marriage to Ray A. Pine, of Carmel, Calif. Ruth states that she is getting tired of being 'lazy' and might get back in the harness soon.

Good Luck to you Ruth, and U R still a member of the Oregon Chapter.

We members (south of the border) are curious to ascertain from the publisher and editor, if there happens to be a shortage of printers ink or whether we all should have our eyes examined. Any way, we all have been trying (for the past two issues) to determine if this sheet is now being printed in Egyptian Hieroglyphics or Indian sign language. Any way we are glad to receive it. A suggestive pun. Since this 'manuscript' is late getting in the mail, it might be suggested that I close my big 'trap' and be Sueing you soon.

Fraternally yours,

C. A. Tyler,
Sec. Ore. Chapter

FOOD FOR THOUGHT

By John A. Murray, Port Townsend

I heartily agree with P. R. Canaday in a recent issue of the Washington News. I feel that we are missing the true purpose of our State and National conventions, when we permit our short time to be used by long winded salesmen.

At our National convention in Spokane (54) we had some very good demonstrations ~~by~~ by our own members, from which we can always get something worthwhile. I picked up a little technique from Russel Soper's demonstration that I have used since, in my neck massage and have had many compliments on.

At the state convention, VanConver (54) a lot of valuable time for demonstration was lost from much useless controversy from the floor and salesmen's demonstrations. The same thing happened at Yakima. Aside from the necessary official business of the year, the remainder of the short time that we had was taken up by some one trying to sell something. By the time we got around to any real educational talks or demonstrations from our own members it was time to leave for home.

I personally feel that the time and money spent to attend the conventions, from an educational point of view, is lost. I do enjoy meeting members from different parts of the state or United States and I liked the talks by the Doctors and city officials, the banquets and entertainment.

I am for better conventions, better local meetings and better attendance.

Fraternally yours,

YOUR IDEAS ARE WELCOME AND WILL HELP TO MAKE A BETTER PAPER

Excerpts from various sources are contributed this month by P.R. Canaday to answer the question WHAT IS MASSAGE AND WHAT IS ITS VALUE ?

Massage is a systematic rubbing and manipulation of the body tissues, prevents stiffness, promotes circulation and brings health and tone. By massage the muscles are exercised as fully as possible without exhaustion and the blood is propelled to greater activity.

Massage is one of the most valuable of remedial measures. When used in combination with water it accomplishes amazing results. It assists in building of the blood and rebuilding of the tissues in general. Taken from Back to Eden

Boldly speaking, Massage is health promoting. Its aim is to restore the normal condition of the body. The chief aim in general massage is to quicken the flow of blood and lymph and aid in the discharge of waste matter, improve the function of the skin and increase nutrition. Massage was used 400 B.C. and its use was greatly appreciated by the healers, so it is reasonable to reason that massage is the father of all healing.

Massage is especially good for the nervous system, which is composed of the brain, the spinal cord and the nerves. It is with this system that the masseur will be mainly concerned, remembering that the spinal nerves pass out between the vertebrae and are distributed all over the body to joints, muscles, skin, viscera, etc., making the spinal cord the main source of opportunity for the masseur. Taken from "Massage for the Million"

From Collège of Swedish Massage, Part of Lessons 3 and 9.

There are a number of diseases of the blood in which MASSAGE is one of the best agents in restoring health, for example, in Anemia, massage will stimulate the circulation to the blood making organs, namely, bone marrow, spleen and liver.

Understanding the function of the blood, the student will readily see that the physiological effect of a massage treatment is increased circulation to all the tissues of the body, which in turn assures increased elimination and increased cellular activity. As we have already seen, food and oxygen are brought to the diseased areas and waste products are removed.

Thus it is easily apparent how beneficial massage treatments are for almost every disease or condition of the body.

From Tippetts Physical Massage Page 45.

Neither stagnant water nor stagnant blood is a healthy condition. Both must be eliminated or corrected, else germs get a chance to take root. Germs will not live unless they have food on which to subsist, and they subsist on diseased tissues, not healthy.

Massage creates circulation; proper circulation creates healthy tissues and healthy tissues through the human body means health.

Roberts Scientific Body Massage, Page 15 says

By massage we shall also find it possible to break up and absorb any growths or discharge such as tumors, proud flesh, indurations, granulations, cysts, polypi, papillae, swellings, condylomata, emphysemata, etc which may already exist.

J.C. Elliott, in his book, New Health Conscience, Page 83, says

Massage and muscle kneading will be found very beneficial in reducing high blood pressure and is a splendid method of producing sleep. Three purposes are accomplished by this massage, increased circulation of the blood, stimulating the nerve centers along the spine and producing sleep, which is one of the great essentials in reducing blood pressure. Deep muscle kneading in connection with massage will be found beneficial in reducing blood pressure. The arteries become stiff and logy and the blood fails to find its way through them, the deep kneading makes the arteries more pliable and starts the circulation of the blood.